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Weather Forecast	Today	High:52 Low:33
Friday	Saturday	
High:51 Low:27	High:43 Low:23	

THURSDAY

Fort Riley

# Post

**Stained glass class held**

Fort Riley Arts and Crafts offers stained glass classes. All of the equipment needed, including grinders and soldering irons, is available in the classroom.

See Page 9

## Fort Riley soldiers prepare to deploy to CENTCOM

**Staff Reports**

Approximately 1,300 Fort Riley soldiers with the 3rd Brigade, 1st Armored Division and 937th Engineer Group received orders this week to prepare to deploy in support of Central Command operations.

Additionally, 400 more reservists have received orders to mobilize through Fort Riley to deploy to the region.

These soldiers will support the President's global war against terrorism. The active duty units who received orders include elements of 1st Battalion, 41st Infantry; 2nd Battalion, 70th Armor; 70th Engineer Battalion; 24th Transportation Company; 266th Transportation Company and the 300th Military Police Company.

The reserve units who have received orders include elements of the 135th Military History Detachment, Jefferson, Mo.; 312th Transportation Detachment, Manhattan, Kan.; 319th Transportation Team, Dover, Del.; 425th Transportation Company, Salina, Kan.; 475th Engineer Detachment, Creston, Iowa; 957th Engineer Company, Bismarck, N.D. and the 1922nd Medical Team, Independence, Mo.

Last month, approximately 200 active duty soldiers with the 937th Engineer Group and 82nd Medical

Company received deployment orders, and to date, Fort Riley has assisted with nearly 2,500 Reserve and National Guard mobilizations to support efforts at home and abroad.

For security reasons deployment destinations and dates will not be announced at this time, and 24th Infantry Division (Mech) and Fort Riley officials will not speculate on future deployment of additional forces.

**Soldiers from 1st Battalion, 41st Infantry, return from their National Training Center rotation at Fort Irwin, Calif. The soldiers arrived at the Manhattan Regional Airport on Friday.**

Post Bulletin

### Air ambulance soldiers to deploy

**By Kim Levine**  
*Staff Writer*

With deployment orders in hand, approximately 200 soldiers from the 937th Engineer Group are "trained and ready" to ship out.

First Sgt. Mike Mears, 82nd Medical Company, pointed out that even with all of the uncertainties of not knowing where the company is going or when they will be leaving, his soldiers are still confident.

"Morale is good right now," said Mears. "The soldiers are all charged because they know it's a good cause."

In August 2001, the 82nd Med. Co. was deployed to Southwest Asia for one year to provide aeromedical evacuation service, and last month, the unit received deployment orders to deploy to the Central Command area of responsibility.

While there is a certain level of anxiety about not knowing what to expect with the deployment, Chief Warrant Officer 2 John Frobenius, a pilot for the company, explained that his company is very prepared as a unit and is ready to get the job done.

"I feel very comfortable going with the people in this company," said Frobenius. "I know that we are going to get over there, do the job that we have to do, and get back to our families as soon as possible."

Although the company has been in the region before, Frobenius acknowledged that this mission would be very different from their previous mission overseas and their mission on Fort Riley.

He said the company is used to focusing more on soldiers' dependents, but when the unit deploys to the U.S. Central Command area of responsibility, 100 percent of their support will go to the soldiers.

However, despite the change, Frobenius said his previous deployment helped prepare him for this mission.

"Many of us that were on that rotation have a hundred or plus hours in that environment, so we're ready," he said.

Mears also has experience in the region. He was a senior medic in the 2nd Battalion, 16th Infantry at Fort Riley when he deployed with the Big Red One to Operation Desert Storm in 1991.

"With the orders to go, there was a whole rash of emotions that went through my mind," said Mears. "We were getting ready to

See Air ambulance Page 2

### Metz bids farewell to Fort Riley

**By Michael Watson**  
*Staff Writer*

February 6 was an emotional day at Fort Riley as Lt. Gen. Thomas F. Metz's farewell to his soldiers and the Fort Riley community.

Metz relinquished command of the 24th Infantry Division (Mech) and Fort Riley at 9 a.m. in Hangar 817, where approximately 300 people gathered for the ceremony.

While leaving Fort Riley is tough, he said he is happy to continue serving the Army and his country as Commanding General, III Corps and Fort Hood at Fort Hood, Texas.

"It is an emotional time for me," he said. "I love soldiers, and I love soldiering. There is no better place in the U.S. Army or in the heart of the world that you get an opportunity to do that."

While it is hard to leave, he said he is very fortunate, upon departure, to take command of the III Corps and Fort Hood.

"There are many very important challenges ahead for the United States Army, and I'm glad that I get the opportunity to continue to serve my nation, soldiers and their families," said Metz.

He said the day after his departure ceremony it would be business as usual as he gets immersed in the details and operations at his new installation.

The 4th Infantry Division out of Fort Hood is preparing equipment and soldiers just as some of Fort Riley's are, he said.

"Those will continue because there is a long enough list and enough work to do that that will continue for a while," he added.

During the ceremony, Metz thanked soldiers, officers, spouses and the surrounding communities for their service to the Army.

"These soldiers are flat good," he said. "They are tough and physically fit to go out for a fight. They are disciplined, thanks to our officers. To spouses and people in the community, thank you, because these soldiers could leave anytime. You are in a class all by yourselves."

As the Senior Reviewing Officer, Lt. Gen. Joseph Inge, commanding general, First U.S. Army, offered his remarks at the ceremony, and said it is important to remember that we live in troubled times.

"We should remind ourselves that we have soldiers moving around the world, and we should remind ourselves that this movement is not without sacrifice," he said.

See Metz departure Page 5

### Soldiers train for air base security missions

**By William Biles**  
*Staff Writer*

National Guard Units from surrounding states trained at Fort Riley Feb. 6 - 8 to train themselves with force protection and access control techniques in preparation for upcoming missions.

Units from Kansas, Missouri, Iowa and Oklahoma underwent the familiarization training.

The guardsmen will use these techniques during their rotation as base security forces at air bases within the region.

"We train them here because Fort Riley has the training areas for their mobilization and train-up they will need for mission success," said Maj. Joe Boorman, Military Police team chief, 2nd Battalion, 383rd Training Support Battalion.

Some of the training the soldiers received included proper search techniques of personnel and vehicles.

The search techniques provide a thorough method of searching while providing safety for the soldier performing the search, said Boorman.

The National Guard units also received instruction on how to properly handcuff individuals using hand-irons and flex cuffs.

"We're learning new skills," said Sgt. Michael Helmig, Company C, 110th Engineer Battalion.

Military Police procedures are another step we engineers need to learn, because every time we've been deployed we had to pull some type of security," Helmig added.

I feel this training is definitely preparing us for any future mission we might receive," he said.

For each of these classes, the soldiers were given a block of instructions from their instructor, and then had the opportunity to get some hands-on training by practicing their new knowledge on each other.

"I hope we don't have to use this training, but if we do, I feel that this training is helping us to prepare for that eventuality," said Sgt. Korie Kerr, 1st Battalion, 161st Field Artillery Battalion.

The units also received other types of training that included different aspects of how to operate checkpoints.

They learned how to control access to a restricted area and at installation entrances by setting up checkpoint stations and following the instructions given to them by instructors, said Boorman.

The instructors taught them the basic knowledge they'll need to know, and it will help them to be more familiar with the tasks given to them during their upcoming missions," he said.

"This is good, important training that gives them a base of knowledge with some of the things they could encounter during their follow-on assignments," Boorman said.

"I find this training to be vital to my soldiers for their accomplishment of their force protection mission, and I am confident they are learning what they need to from the quality of this training," said Capt. John Tucker, commander, 1st Bn., 161st FA.

**Soldiers from the 1120th Ordnance Company execute riot baton techniques in preparation for Air Force base security missions.**

Post Bulletin



# Health insurance act protects patients' health information

By Michael Watson  
Staff writer

TRICARE health beneficiaries should pay special attention to their mail this week, an information officer at Irwin Army Community Hospital said.

May Garlick, chief of information, Resource Management Division, said TRIWEST, Fort Riley's local health contractor, would be sending its nearly 35,000 beneficiaries a Notice of Privacy Practices brochure to explain the Health Insurance Portability and

## Accountability Act.

"HIPAA describes how we may use or disclose your protected health information, with whom that information may be shared and the safeguards we have in place to protect our patients' privacy," Garlick said.

The act was developed in 1996, but it had not been implemented. However, it will become public law effective April 14.

"After that date, patients who come to the hospital for treatment will have to sign a release stating they have read the privacy infor-

mation," Garlick said. "If they haven't received the information in the mail, we will give them a copy."

"Whether we have a signature or not, we will still have to comply with the law, and we will only disclose health information to authorized personnel."

Even friends and family would not be able to call the hospital to get information about a patient unless they are on the patient's disclosure of information form, said Capt. Geraldine Lubkeman, chief, Patient Administration

## Division, IACH.

"That means people who call in to the (maternity) ward cannot get information about how the mother and her baby are doing unless they are on the disclosure form. Even family must have authorization," she said.

Disclosure of information to unauthorized persons would result in a fine up to \$250,000 or loss of job, according to HIPAA and the Department of Defense Health Information Privacy Regulation.

"We won't need permission to give information to a doctor for

patient care purposes. Medical personnel have access to records as long as it's for treatment, payment or health care operations in the internal organization," Garlick said.

Lubkeman said HIPAA would have a minor affect on TRIWEST beneficiaries.

"We already protect patients' confidentiality," she said. "So our beneficiaries will not be affected much. Patients just need to read the information and sign the form the next time they need care at

## Irwin.

"The hospital will see the dramatic changes, as we update our systems and train our personnel. Once we get the system up and running, it should be a good thing for our beneficiaries."

"HIPAA will make sure patient records are protected according to law, and it will let them know who we will release information to."

For more information on HIPAA, go to <http://www.tricare.osd.mil/hipaa/>

## Air ambulance continued from page 1

go to areas of unknown. It didn't really set in until we loaded our equipment out, such as we are doing here today."

Having experience with wartime, especially in the same geographic location, Mears said he feels more prepared now.

"It helped me greatly in that the roller-coaster of emotions is not as much of a factor this time," he explained, "because I know a little bit more of what to expect. I'm more prepared as a soldier, I'm more prepared as a man, and I'm more prepared as a family because I've been there before."

Now as a leader in his troops, Mears hopes to bring the soldiers some comfort, since he has experience in the same type of operations and he has already been through what they are going through.

"I know a little bit more about how to train, what type of environment we are going into and what kind of training we need to do prior to going there," explained Mears.

"My confidence in my soldiers is very high," declared Mears.

"I've got the best guys in the world right now."

The 82nd Med. Co. and other

units in the 937th Engineer Group are scheduled to deploy in the near future.



Paul Varnum

Members of Fort Riley's 82nd Medical Company prepare to deploy to the Central Command area of responsibility.

## Disbursing fliers, ads requires permit

By Jamie Bender  
Staff writer

To distribute fliers or advertisements on any post, Army Regulation 210-7 requires you to have a permit.

The regulation prohibits fliers from being distributed in barracks and housing units. The Fort Riley supplement also prohibits distribution at recreation centers, such as Riley's Conference Center and Rally Point.

According to the regulation, solicitation on military installations is a privilege and subject to compliance with applicable regulations. The regulation gives the installation commander the responsibility of controlling solicitation practices. AR 210-7 allows representatives of credit unions, banks and approved non-profit organizations to apply for a solicitation permit from the Directorate of Community Activities.

Failure to comply with AR 210-7 can result in the revocation of a permit or removal from the post, said Capt. Colin Johnson, administrative law attorney. "In as much as Fort Riley regulates who comes on post, we can also have someone removed from post," Johnson said.

The regulation also lists several solicitation practices that are prohibited. These include, but are not limited to, solicitation during enlistment or training, solicitation of mass, group or captive audiences and entry into any unauthorized or restricted area. If you see someone distributing fliers in a restricted area, Johnson recommends that you contact the Military Police and make a report. "The MP's can then escort the individuals off post," said Johnson.

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## Grunt By Wayne Ulden



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## Midwest Guardsmen called up to support Operation Noble Eagle

By Michael Watson  
Staff Writer

Guarding Air Force bases against terrorism is the new mission of nearly 600 Army National Guard soldiers in the Midwest.

The mobilization to Fort Riley is part of Operation Noble Eagle, a homeland defense measure to prevent terrorist actions toward a dozen air force bases in four states - Iowa, Missouri, Oklahoma and Kansas.

"Because of Sept. 11, you have to think that every installation and soldier is considered a target," said Maj. John Norris, training officer, G-3, 24th Infantry Division (Mech). "We must protect them so they can complete their mission. That's the importance of Operation Noble Eagle."

The soldiers will deploy after receiving seven days of training at Fort Riley, including specialized access control training needed to complete their mission.

"This was a very well designed plan by Army leadership to protect select Air Force bases throughout the nation," Norris said.

"It is a two year operation, but each reservist is only activated for one year. For that year, they get to be in their home state. So there is a good chance that soldiers will be only a short distance from home, with the opportunity to see their families while activated. I think it is also positive for these soldiers to be contributing back to their home state."

## Soldiers impress employers at Job Fair

By Dave Horner  
ACAP Center

There were many employers on hand searching for new employees from the quality soldiers and others attending the monthly job fair at the Fort Riley Army Career and Alumni Program Center on Jan. 31.

National employer, Electronic Sorting Services praised the skills of Fort Riley soldiers and their ability to describe how their skills matched ESS' need for field service technicians in California. ESS was looking at E4s and E5s with electronic backgrounds. International employer, Vinnell found several highly qualified candidates to help them serve their customers training the

One reservist called up, 1st Lt. Jeffery Price, 1120th Ordnance Company, Oklahoma National Guard, said he was a little nervous when he first heard the mobilization orders.

"Until I found out where I was going, it was a little nerve-wracking," he said. "Then I found out where I was going, and I was happy to hear that my mission was located in my home state, Oklahoma. I have a wife and a child, and they thought it would be longer before they would see me."

Price said he thinks his daughter, who will be nine years old this month, is very proud of him. He said she understands that he has a mission to do, but she also likes having him home.

"Now, she'll have me home more than if I was stationed somewhere else," he said. "I think she likes that."

Capt. John Smalley, commander, Battery B, 1st Battalion, 161st Field Artillery, said he was also glad to hear that he would be stationed near home, at McConnell Air Force Base in Wichita, Kan.

Smalley said he received his mobilization orders before Christmas, but said he knew that he would be mobilized before he even received the orders.

"Two batteries in our battalion are already on active duty so we knew this was coming. We just didn't know when," he said, "but I was glad to hear that I would get to stay close to home."

"I have a wife and a 13-month-

old boy and I didn't want to have to go away and not see my boy until he was two years old. So this is a good mission," he said.

Norris said it has been a group effort to get the processing and training completed so reservists can begin safeguarding air bases in the Midwest.

The 6025th Garrison Support Unit has also been mobilized to assist in the mobilization effort. Soldiers from the GSU are integrated throughout Fort Riley and are providing support in the Soldier Readiness Preparation process, including medical, dental and immunization records. The 3rd Brigade, 75th Division has also been mobilized as the primary trainers and unit assistants for Operation Noble Eagle and Operation Enduring Freedom.

The integration and support of these units has helped with the 1st Brigade Combat Team's successful host support, said Norris. There have been more than 20 mobilizations on post and the 1st Battalion, 5th Field Artillery has done most of them.

This group effort, including the host support provided by 1st Bn, 5th Field Artillery, has been very effective in preparing this unit to mobilize, said Norris.

"They are clearly an instrumental force in the success of this mobilization," he said. "They are getting the soldiers where they need to be, and that is one of the main reasons we are ahead of schedule in training National Guardsmen so they can deploy for their mission."

after military service, a representative from Troops to Teachers answered questions and provided guidance. More than 26 states participate in Troops to Teachers, providing an alternative teaching certification process for military with a bachelor's degree or close to achieving it. It helped that the Fort Riley Education Center was on hand to answer education questions.

Getting out of the Army is not always the best career option, so Fort Riley Reenlistment was also represented at the Job Fair.

The next ACAP Job Fair is scheduled for Feb. 28 at the ACAP Center, building 210, from 9 a.m. to 1 p.m. A listing of the employers who are coming can be found at the ACAP Center.

## Talk Around Town

"When you were called up to active duty, what civilian job did you leave behind?"



**"I left school behind. I was going to school at Milford Tech for Electronic Engineering."**

**Spec. Kevin Stritt**  
1013th Quartermaster Company  
Nebraska



**"I was a financial manager at the United States Property and Fiscal Office."**

**Capt. Georgia Kroese**  
105th Adjutant General's Office  
Nebraska



**"I was a full-time student in Civil Engineering at Southern Illinois University. I could have graduated in August 2003."**

**Sgt. Jason Hacker**  
1012th Quartermaster Company  
Illinois

## Renovated Shades of Green reopens

American Forces Press Service

opened in 1994. There are also 11 suites, up from just one, he added.

Reservation lines are open for new, improved Armed Forces Recreation Center Shades of Green hotel on Walt Disney World Resort.

Shades of Green was closed for expansion and complete renovation in 2002. Guests eligible to stay there pay rates based on rank, from a low of \$70 for E-1s through E-5s to \$116 for senior officers.

Shades of Green reopened with double the guest space, at 586 rooms, a new 500-space parking garage and 7,500 square feet of flexible special-event space for reunions, weddings and other family-oriented social functions, said Jim McCrindle, the hotel's general manager since it

He said more rooms conform to the standards of the Americans with Disabilities Act. "We had handicapped-accessible rooms before, but now we will have bona fide ADA-designed and equipped rooms with the wider bathroom doors and the roll-in showers," he said. Shades of Green has free shuttle bus service transports guests to and from Disney attractions.

Shades of Green is financially self-sustaining; no taxpayer dollars are used for operations. The hotel expansion is funded by a civilian commercial loan. For more details or to make reservations, visit [www.shadesofgreen.org](http://www.shadesofgreen.org) or [www.armymwr.com/shades/index.html](http://www.armymwr.com/shades/index.html), or call toll-free 1-888-593-2242.

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## Briefs

### Legal Assistance New Hours

Thanks to the assistance of the 6025th Garrison Support Unit and 8th Legal Services Organization who have activated to support Fort Riley, the Legal Assistance Office has additional staff. Because of this, the Legal Assistance Office will have extended hours. In addition to the current office hours, Wednesday, Thursday and Friday the office will be open 4 - 8 p.m. On Saturday, the office will be open 8 a.m. - noon and 1 - 4 p.m. The staff will be unable to do any wills during this time, but will be able to assist you in nearly all of the other services that they normally provide and will have two attorneys available to see you. For more information, call 239-3117.

### Marriage Enrichment Class

Want to make a good marriage better? Want to better understand your spouse? Want to have your spouse better understand YOU? Come learn how to deal with misunderstandings and how to stop the argument cycle at the monthly Marriage Enrichment Class on Feb. 22, 10 a.m. - 1 p.m., at the Soldier and Family Support Cen-

ter, Relocation Hallway. Free child care is provided, if you bring your child's shot records.  
Register by Feb. 20, by calling 239-3436. Presented by Chaplain (Maj.) Paulson, the Fort Riley Family Life Chaplain.

### Holiday Refuse Schedule

Due to the upcoming Holiday on Monday, refuse collection days will change as follows: On Monday there will be no collection. On Tuesday collection will be at Colyer Manor, Main Post housing and Marshall Air Field housing. On Wednesday, pick-up will be at Ellis Heights, Monteth Heights, Peterson Heights and O'Donnell Heights. On Thursday, refuse will be at Burnside Heights and Warner Heights. Friday's pick-ups will be at South Peterson, South Warner, McClellan Heights and Meade Heights.

### MWR Holiday Hours

On Friday, the hours for MWR activities will be as follows: Bowling - open at noon, King Field House - open 9 a.m. - 5 p.m., Leonard Fitness Center - open 9 a.m. - 6 p.m., Auto Crafts - open 9 a.m. - 5 p.m. The following will be closed - DCA HQ, FMB, RMO, Marketing and IMO.

On Sunday, Eyester Pool and Auto Crafts will be closed.

On Monday, the following are closed - All CYS - CDC, SAS, MS/T, Central Registration, Admin., Bowling, Outdoor Rec., Arts & Crafts, TTR, DCA HQ, FMB, RMO, Marketing and IMO. King Field House hours on Monday will be 9 a.m. - 5 p.m. and Leonard Fitness Center - 9 a.m. - 6 p.m..

### Racquetball Tournament

The 2003 Fort Riley Battalion Level Racquetball Tournament will be held Feb. 21-23. For more information, call 239-3945.

### Swimming Championship

The 2003 Fort Riley Men's and Women's Swimming Meet, short course (25M), will be conducted Feb. 20, at Long Pool starting at 6 p.m. All registration for the swimming meet will take place at the event site prior to the start of each event. For more information, call Barry Sunstrom, 239-3945.

### Tax Center

The Fort Riley Tax center is open. The center is located at the

Army Community Service and Family and Soldier Support Center on Custer Hill, building 7264. The center's hours are: Monday - Thursday, 8 a.m. - 6 p.m. and Saturday, 8 a.m. to 1 p.m. Appointments can be made by calling 230-1040.

### Thrift Shop

Happy Valentine's Day from the Thrift Shop! The Thrift Shop will stop taking winter clothes on Feb. 25, and will begin taking spring clothes on March 4. Bag Sales are every Wednesday and Thursday - get as much as you can in a bag for only \$1! Visit the Thrift Shop in building 267, Stuart Ave., 784-3874. Hours of operation are 9-30 a.m. - 2:30 p.m. Tuesday, Wednesday and Thursday and 10 a.m. - 1 p.m. on the first Saturday of each month.

### The Shoppe

Don't forget The Shoppe when you're looking for that one-of-a-kind gift for the sweetheart in your life! The Shoppe has many items that may be special-ordered or personalized to meet your needs.

The Shoppe is located in building 259, Stuart Ave., 239-2783. Hours of operation are 10 a.m. - 2 p.m., Tuesday - Saturday. The

Shoppe accept Visa & MasterCard (minimum of \$25 purchase) and also offers gift certificates to make your shopping easier!

### Armed Services YMCA

The Junction City/Fort Riley Armed Services YMCA is holding their annual fundraiser, "Ireland In Song," with Irish balladeer Tony Kellher in concert. He is billed as "Ireland's Ambassador of Entertainment." The event will be March 14, 6 p.m. at the Municipal Building, 700 N. Jefferson, Junction City. Tickets are \$15 per person, and a traditional Irish dinner and beverages will be included. Purchase tickets from the ASYMCA, 111 East 16th Street, Junction City or at Fort Riley National Bank Locations. For more information, call ASYMCA, 238-2972.

### AAFES/DECA Council Meeting

Make your voice heard at the next AAFES/DECA council meeting March 26, 9:30 a.m., at the Sports Page on Custer Hill.

## Normandy Theater

### Tonight:

7 p.m.  
Two Weeks Notice  
(PG-13)

### Friday:

7 p.m.  
Antwone Fisher  
(PG-13)

### Saturday:

2 p.m.  
Pinocchio (G)  
7 p.m.  
Catch Me If You Can  
(PG-13)

### Sunday:

7 p.m.  
Antwone Fisher  
(PG-13)

### Feb. 20:

7 p.m.  
Catch Me If You Can  
(PG-13)

## National Prayer Breakfast has long history

By Michael Watson

Staff writer

This year's National Prayer Breakfast on Feb. 27, will probably be more meaningful than past years, the installation chaplain said.

Chap. (Col.) Dan Paul, installation chaplain, Fort Riley, said the prayer breakfast should be just as powerful as the annual prayer gathering last February, following the Sept. 11 attacks. "With the state of the nation today," he said, "this is a very appropriate time to keep America in our prayers."

The event is scheduled for 6:30 to 8 a.m. at King Field House. Both traditional and healthy heart breakfast food will be served.

"The prayer breakfast is a time to pause, reflect and pray for our country," he said. "With a possible war against Iraq and potential deployments, we need to pray for God's blessing and strength for our leaders."

Chap. (Capt.) Alfred Grondski, 1st Engineer Battalion chaplain, said praying for the nation's leadership was the founding purpose of the prayer breakfast.

The National Prayer Breakfast dates back to President Eisenhower, he said. With the start of the new congress, a group of congressmen were meeting regularly for a prayer breakfast on Capitol Hill. When the group invited the president to attend, he accepted, and that was the beginning of the annual National Prayer Breakfast. President George W. Bush spoke at the event this year in Washington D.C.

"We've always been a religious people," Grondski said. "We are a nation of people of faith, even though religion is not mandatory. Our country promises freedom of religion, and that's what the National Prayer Breakfast

reminds us of."

This year's theme is "An Honor to Serve."

Chaplain (Brig. Gen.) David Hicks, deputy chief of chaplains, is scheduled as the guest speaker for the ceremony. He will be speaking on "Prayer of a Humble Friend of God."

Hicks is a native of Glen Cove, Long Island, New York. He enlisted in the Army in October 1958 at the age of 17 and remained active until March 1967, when he received his discharge as a staff sergeant in the Infantry.

Two years prior to his discharge, he was converted to Christianity through the ministry of his unit chaplain and he subse-

quently answered God's call to enter the ministry, he said. Hicks holds a Bachelor of Science from United Wesleyan College in Allentown, Penn.

For those wanting to attend the prayer breakfast, please take the shuttle from Riley's Conference Center, due to congested parking at King Field House. The shuttle will run from 5:30 a.m. to 9 a.m.

"People will be able to pray for whatever is going on in their lives, and we will pray for the strength of our nation," Grondski said. "That's the purpose of the National Prayer Breakfast."

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# Metz welcomed, promoted

By Stephanie Carpenter  
Fort Hood Sentinel

Lt. Gen. Thomas F. Metz assumed command of III Corps and Fort Hood during a formal ceremony at the Abrams Physical Fitness Center Feb. 7.

Former commander Lt. Gen. B.B. Bell relinquished command Nov. 26, to become commander of U.S. Army, Europe and the 7th Army. Maj. Gen. Robert Wilson, commander of the 7th Infantry Division and Fort Carson, has served as interim commander since Bell's departure.

In addition to taking command, Metz was also promoted to the rank of Lieutenant General at the ceremony.

Gen. Larry R. Ellis, Forces Command commander, hosted the ceremony and performed the promotion. Ellis said the Army has

made the right choice in selecting Metz to the position.

"Tom Metz is a super soldier," he said. "He possesses every quality we want in a man in command of this Corps."

Metz says Fort Hood's path will be one of duty and caring for soldiers and families.

"Duty first means mission and people always," said Metz. "We will get the job done and take care of people at Fort Hood and in the Third Armored Corps."

Prior to taking command of III Corps and Fort Hood, Metz served as the commander of the 24th Infantry Division (Mechanized) and Fort Riley in Kansas. His other assignments include deputy director of Warfighting Capabilities Assessment, J-8, vice director for Force Structure, Resources and assessment, J-8, of the Joint Staff in Washington D.C., director of the Army's

Experimental Force Coordination Cell for the 4th Infantry Division (Mechanized) at Fort Hood, 1st Infantry Division and Fort Riley Chief of Staff.

He holds a bachelor of science from the U. S. Military Academy as well as a master's degree in mechanical engineering from North Carolina State University. His military schools include the Infantry Officer Basic and Advance courses, the Command and Staff College and the Army War College.

Metz has received the Defense Distinguished Service Medal, the Legion of Merit with two oak leaf clusters, Meritorious Service Medal with three oak leaf clusters, Army Commendation Medal with two oak leaf clusters, Good Conduct Medal, the Expert Infantry Badge, Senior Parachutist Badge, Ranger Tab and Belgium Brevet "A" Commando.



Stephanie Carpenter

Gen. Larry Ellis, Forces Command commander and Pam Metz pin on Thomas F. Metz's third star after his promotion to Lieutenant General. Metz took over as the commander of III Corps and Fort Hood in a ceremony held Friday at Fort Hood.

## Metz departure continued from page 1

It is a time for service, Inge said, and Metz has certainly offered us that, mentoring and caring for the soldiers under his command.

Metz has served at Fort Riley since November 2001, and he served as the Chief of Staff for U.S. Central Command, MacDill Air Force Base, Fla., for the last three months.

"We all too often hear the word sacrifice used in the terms of giving ones self up. I'm not certain that it's a sacrifice to serve your country. Difficult yes, but from where this soldier stands, it's an honor and a privilege to be able to serve one's nation," he said.

"We're here today to say farewell to Tom and Pam Metz, a soldier and spouse who dedicated all their lives to committing and serving the United States Army and the nation — a magnificent soldier — a wonderful lady for a wife," he added.

Metz received the Legion of Merit Award at the ceremony for exceptional, meritorious service while serving as Commanding

General of the 24th Infantry Division (Mech) and Fort Riley.

His wife, Pam, received the Outstanding Civilian Service Award and the III Armored Corps Helping Hand medalion for extraordinary contribution to numerous volunteer organizations dedicated to improving the quality of life and well being of soldiers.

At this time, no replacement for Metz has been named. However, Col. (P) Frank Helmick has assumed the role as the acting commander in the interim.

Helmick has served at Fort Riley since August 2002 as the Assistant Division Commander for Maneuver and filled in as the acting commander during Metz's CENTCOM assignment.

Inge said the United States has uniquely and properly chosen Metz to command III Corps, a corps that is beginning to lead the transformation of the Army.

"Tommy Metz has impeccable credentials to fill that position. He is a trainer, a soldier, a leader and he understands technology and

technology development," he said. "We could not have chosen better."

"We wish you Godspeed and God's blessing as you leave for your new post," Inge said.

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POST SERVICE DIRECTORY



## Korea 50 years ago -- Taylor takes command of Eighth Army

By Jim Caldwell  
Army News Service

Gen. James Van Fleet turned over command of Eighth Army to Lt. Gen. Maxwell D. Taylor, 50 years ago in Korea, as inclement weather limited combat along the front.

Feb. 6, 1953 — President Dwight D. Eisenhower issues an executive order to remove all controls on prices and wages under the 1950 Defense Production Act and to abolish the Office of Price Stabilization by April 30.

The controls, to be removed in stages, are first lifted from meat, furniture, clothing, most department store goods, and meals and drinks in restaurants and bars.

Eisenhower says the action is necessary because "production of materials and services and the

demand therefore in the national economy are approaching a practical balance." The order also removes restraints on collective bargaining.

Senator John Sparkman (D-Ala.), vice president candidate last year, challenges Ike in the Senate to explain whether a new Formosa policy is "the first step toward enlarging the war in Asia ... involving U.S. forces on the mainland of China."

Feb. 6-12 — Combat on the ground or in the air is limited this week because of rainy weather. The rain thaws out frozen earth turning it to mud, and low clouds interfere with air operations.

The Air Force does report that from Jan. 31-Feb. 6, at least two MiGs were shot down while one U.N. plane was lost to groundfire and two to "other causes."

Pyongyang radio reports Feb. 7 that Premier and Supreme Commander Kim Il Sung has been promoted to generalissimo.

The ROK Interior Department announces Feb. 7 that government security forces have killed 1,042 communist guerrillas and captured 340.

Gen. Mark Clark, U.N. Supreme Commander, announces Feb. 8 that the U.S. Army has authorized the expansion of the South Korean Army from 12 to 14 divisions.

The U.N. Command reports Feb. 10 that North Korean POWs on Koje-do rioted yesterday and five were killed in a "deliberate attempt ... to test our strength and create another incident."

A Feb. 5 riot by the North Koreans on Koje resulted in a prisoner's death, the spokesman says.

Gen. James Van Fleet gives a farewell message to the Eighth Army Feb. 10. He says the only way the communists saved themselves in the spring of 1951 was

by "asking for an armistice." Soldiers must "obey orders," he says, and expresses "faith that President Eisenhower will find a way to bring peace."

The next day Van Fleet turns command of Eighth Army over to Lt. Gen. Maxwell D. Taylor.

Van Fleet is asked by a reporter if the Eighth Army can defeat the communists in an offensive. "Certainly," is the general's reply.

A large crowd of South Koreans gives Van Fleet a send-off at the Seoul airport. He then flies to Japan, the first stop on his way home.

Chairman of the Senate Armed Forces Committee Leverett Saltonstall (R-Mass.) says that the general will be invited to present his views of the war to the committee.

Taylor immediately makes his presence felt. He drops "Korea" from the command's title so it will be the Eighth U.S. Army. He also

says that reserve divisions will undergo an eight-week training program before returning to the line. Taylor also stresses the need for better planning and patrol rehearsals.

As Taylor takes command in Korea, his boss, Gen. Clark, is concerned about the large buildup of enemy ground troops near the front and the growing communist airpower.

If an enemy offensive begins, he fears that bombers based in Manchuria could fly low-level missions against U.N. airfields in the south. Wiping out the airfields would leave the U.N. allies with only piston-driven aircraft to face the MiG jets.

He asks the Joint Chiefs of Staff for permission to bomb the air bases in Manchuria if they threatened U.N. forces. The reply he receives, coordinated with the political side of the government, is to hold off. Before he takes action he is to inform the JCS and a decision will be made at that time.

Lt. Gen. Otto P. Weyland, Far East Air Force commander, is also concerned, but is confident that U.N. forces can repel a communist offensive. Weyland tells

Clark Feb. 11, "In fact, I believe that an attempt by the communists can be made a most costly venture for him and would provide opportunity for an outstanding U.N. victory."

The Air Force announces Feb. 12 that the World War II F-51 Mustang fighter will be withdrawn from the Korean Theater.

Feb. 9-10 — The U.N. Economic Committee on Asia and the Far East, meeting in Bandung, Indonesia, defeats a Feb. 5 Soviet attempt to seat a Chinese delegation and bar Nationalist China, South Vietnam and South Korea from the committee.

Feb. 11 — The Defense Department announces that U.S. casualties in Korea as of Feb. 6 stand at 129,819, including 22,890 dead.

Eisenhower denies clemency to Julius and Ethel Rosenberg, convicted atomic spies, because there is "neither new evidence nor ... mitigating circumstances to justify clemency. The Rosenbergs 'betrayed the cause of freedom' and 'have been accorded their full measure of justice,'" he says.

Fort Riley continues to be a Korean War Commemorative Community through 2003.



### Murphy, Walker inductees to be honored

The Sgt. Audie Murphy Club will be inducting its newest members at Normandy Theater Feb. 20, 2 p.m.

The award, which is given to exemplary noncommissioned officers, is considered to be a great honor, with only a small percentile of the NCO Corps, Army wide, being part of the club.

Being a member also has an influence on leadership positions and promotion potential, said Staff Sgt. (P) Torrance Beck, Medical Activity and SAMC president.

Command Sgt. Maj. of the Army (Ret.) Richard Kidd will be in attendance to witness the ceremony.

There will also be a ceremony to honor new recipients of the Dr. Mary Walker Award. The recipients of the Walker award have been nominated for the roles they have had in volunteerism and their outstanding contributions to post activities that benefited the soldiers.

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# Wills can mean peace of mind

By Kim Levine  
Staff Writer

Peace of mind can prove very beneficial to soldiers these days. Capt. James Stamper, Legal Assistant Attorney, says that creating a Last Will and Testament can help do just that.

Creating a will can give soldiers peace of mind while they are away from their homes because they know who will control their estates and take care of their children if anything were to happen to them, said Stamper.

A Last Will and Testament is a legal document that controls the disposition of one's estate at death. Estates consist of all property and personal belongings, including, but not limited to, real estate, cash, bank accounts, and automobiles. Wills also may provide for guardianship of one's children.

While any soldier, family member, or retired soldier is eligible to set up a Last Will and Testament through the Fort Riley Legal Assistance Office, Stamper recommends that any soldier who has children create a will to provide for guardianship. Also, soldiers who are concerned with who their estate will be left to should set up a will. Without a will, soldiers' estates will generally go to their next of kin, in accordance with state laws.

Stamper also suggests that soldiers set up a trust for their minor children in their Last Will and Testament. Soldiers with Servicemen's Group Life Insurance should then coordinate to have any insurance proceeds go directly to that trust. The soldier chooses the trustee, who has control over the trust if anything were to happen, which Stamper recognizes as a major benefit of using a trust.

Soldiers can create wills by

contacting the Legal Assistance Office in Patton Hall, 239-3117, and setting up an appointment. Appointments are held every Wednesday. They are generally scheduled in one-hour blocks; however, if soldiers' spouses also wish to make a will at the same

time, the appointment will require a two-hour block. The office recommends calling for an appointment in advance. If questions or concerns about wills arise, Stamper recommends contacting the office and seeking legal assistance.

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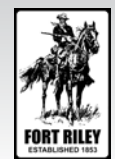
Cyan Magenta Yellow Black



In Step on Channel 2

6:30 a.m. .... In Step  
8 a.m. .... In Step  
Noon .... In Step  
6 p.m. .... In Step  
10 p.m. .... In Step

# Fort Riley Community



February 13, 2003

America's Warfighting Center

Page 9

## Metz family missed by local community

By Summer Alford  
Staff writer

Lt. Gen. Thomas F. Metz's promotion is bittersweet for community members who have built deep friendships with him and his family.

Ken Burgoon, Junction City Chamber of Commerce military affairs coordinator, has known Metz for 15 years. "Metz is an incredible guy to have in the community. We will miss him on a personal and professional level," he said.

This is Metz's second departure from Fort Riley. He commanded the 2nd Brigade, 1st Infantry Division (Mech) from July 1992 to July 1994, and then he served as the Division and Fort Riley Chief of Staff until his first departure in May 1995. Metz returned in November 2001 to assume command of Fort Riley and the 24th Infantry Division (Mech).

During his departure ceremony, Metz commented on the great communities surrounding Fort Riley. "I'm very confident that I can attach superlatives of the best communities to these areas of Fort Riley. I don't hesitate to do so, and I will not hesitate in the future to do so," said Metz.

"[Metz] has always related to the community in a positive way," said Burgoon. "He did his best to stay highly informed with the community and its economy."

Pam Metz has also played a positive role in the communities, said Burgoon. "She is a great lady to be around and to talk with."

Mrs. Metz is a member of the Installation Volunteer Council, the National Military Family Association and the honorary president of the Officer and Civilian Spouses club.

As a committed community member, Metz actively participated in the ladies social functions, and is as friendly as her husband, said Burgoon.

Retired Col. Dick Jepson of Manhattan, Kan., said Metz is a strong supporter of working in the communities. "In 1993, I was the chairman for the Veterans Day Celebration and Metz was the best supporter."

Metz invited the public to attend Fort Riley events, which acquainted non-military people with the post, said Jepson. He also helped improve the relations between civilians and military personnel.

"Metz contributed greatly to communicating the desire to educate military personnel and civilians on understanding one another," he added.

A farewell luncheon was held following the departure ceremony on Feb. 6. The Metz's were presented with Old Trooper Regiment certificates and a book about Fort Riley history, said Burgoon.

See Metz family Page 10

## Crosswalk safety everyone's concern

By Chris Otto  
DES Education, Awareness

Pedestrians and motorists equally responsible for safety around crosswalks

Crosswalks are not always safe for pedestrians or motorists. Just last year, a soldier was injured while crossing Normandy Drive at a marked crosswalk. The vehicle in the lane closest to him stopped to allow him to safely cross. A second vehicle in the other lane neglected to stop and hit the soldier. Fortunately, the soldier only received minor injuries. The accident could have been prevented if the driver and

the pedestrian kept safety in mind. In the United States, a pedestrian is injured in a traffic accident an average of every seven minutes, according to the National Highway Traffic Safety Administration. Fort Riley averages one pedestrian/vehicle accident every two years.

There are several safety tips the Directorate of Environment and Safety recommends to drivers and pedestrians so that crosswalks can be used safely on the installation.

Fort Riley enforces state traffic laws on the installation. Kansas Statute 8, Automobiles and Other Vehicles, Article 15, Uniform Act

See Crosswalks Page 10

## When troops deploy, security at home vital

By Kim Levine  
Staff Writer

Often when soldiers deploy, unclassified but sensitive information is left in the hands of family members and friends. Operations Security personnel on Fort Riley are taking extra steps to educate people and make them aware of the threats that surround them.

OPSEC encourages members of the community to follow three basic laws, according to Sgt. 1st Class Steven Brown, physical security manager. First, people need to realize that a threat exists. Second, people should understand what information is sensitive and third, people should use countermeasures to protect sensitive information.

According to the Department of Energy Nevada OPSEC website, [www.nv.doe.gov/opsec/default.asp](http://www.nv.doe.gov/opsec/default.asp), the threat, being unfamiliar and often times

unrecognizable, surrounds everyone. Enemies intend to gain information through everyday routines such as telephone calls, e-mails and conversations in public. They then use the information to hurt the United States and/or benefit their cause. Consequently, the most potentially damaging intelligence sources are members of the community, by unknowingly providing intelligence information to adversaries.

The website defines sensitive information as classified and unclassified operations, investigations, tests, research, training, exercises and other military-related information. Deployment information, including dates, times and locations, is a form of sensitive information. Alone, the information may appear harmless and unimportant, but the accumulation of one or more elements could damage national security.

OPSEC's goal is to make intelligence gathering more difficult and time consuming for enemies.

"The longer it takes for an adversary to acquire our national secrets, the longer our nation can maintain its defensive and technological edge," according to the website.

To help make the public more aware, the OPSEC website offers several countermeasures and protections against the release of sensitive information. It urges members of the community to guard against telephone calls and e-mails by knowing the receiver well. Also being aware of conversation is vital because land-line and mobile phone calls, as well as e-mails, are easy to monitor.

OPSEC discourages transmitting any sensitive information via telephone, fax, radio or e-mail, and advises not to discuss any sensitive information in public places where the information may be overheard.

Also, avoid posting or displaying sensitive information, and leave all sensitive information out of mail correspondence. Do not

leave lap-top computers unattended.

"The armed forces and deployed troops count on us at home to keep their secrets and keep them safe. We must do our jobs," says Ray Semko, Interagency OPSEC Support Staff, Department of Defense.

By recognizing that the threat exists and understanding what comprises sensitive information, the community can begin to protect national security, Brown said.

Deployment information, training exercises and other daily activities can be harmless information to one person, but extremely useful to another, he said.

In the words of the United States' first President, who is a known OPSEC practitioner, "Even minutiae should have a place in our collection; for things of a seemingly trifling nature, when enjoined with others of a more serious cast, may lead to a valuable conclusion."

## Bits and Pieces



Jackie Martin makes a stained glass window hanging during class, while Instructor Jerry McVey looks over her shoulder.



Teresa Sharpe puts foil around a piece of her tulip stained glass project.

## Students learn to create stained glass art

By Michael Watson  
Staff writer

When one of her nieces graduated high school, Jackie Martin made a stained glass jewelry box for her.

That was years ago, Martin said and after taking a stained glass course.

Recently, Martin decided to take another beginner class to refresh her skills in order to make another jewelry box.

"I have another niece graduating and she loved the stained glass jewelry box I made for her sister. Now she is kind of expecting one, so my goal is to take the advanced class to learn 3-D corners so I can make another jewelry box," she said.

Martin said she has learned so much more this time around than she learned in her previous stained glass course. She said that is mostly due to Instructor Jerry McVey. "He is a great teacher," Martin said. "He has taught us so much more than I expected to learn about stained glass. He watches us every step of the way to make sure we learn everything we need to know."

McVey said he began working with stained glass 12 years ago in a class just like the one he is now teaching.

"My dentist on post taught the class, so

my wife and I heard about it from him and decided to take the class," he said. "From that point on, I knew I definitely wanted to do it as a hobby. Now, I do it commercially too - making museum windows, lamps and church windows."

The beginner class involves five sessions, one session each week.



Jackie Martin puts another piece of her stained glass window hanging into place.

All of the equipment needed, including grinders and soldering irons, is available in the classroom. The approximate cost to students is \$20 for glass, solder, brushes, foil and instruction.

McVey said the majority of people who

take the class have no experience with stained glass making. Most people just hear about it or see it in the course catalog and decide to pick it up as a hobby.

"It is very relaxing. It releases tension, and you can lose yourself in a project," he said. "That is why I first got into it."

McVey said the road to a relaxing hobby starts with students learning a little bit about its history, so they have a little more appreciation for stained glass. Then, they learn to use the tools and how to put their design on the glass.

"We start with a simple pattern to learn the basic skills," McVey said. "Then the students put all the skills on a pattern of their own for the final project. A lot of the projects are nice window hangings for themselves, or they also make nice gifts for friends or family."

For her final project, Teresa Sharp made a tulip wall hanging for herself.

"I've always wanted to try stained glass. I've done other crafts like painting and mosaics, and this was the next step," she said. "A class like this would be a great place to pick up something new while spouses are deployed. It takes your mind off things."

For information about stained glass courses, call Arts and Crafts at 239-9205.

## Tax advantages apply to some deployed soldiers

By Emily O'Connor  
Staff Writer

Serving in a Qualified Hazardous Duty Area or a Combat Zone can be to a soldier's advantage when filing taxes.

The wages and allowances soldiers earned while in Qualified Hazardous Duty Areas or Combat Zones - or in direct support thereof - during this tax year are tax excludable, said Capt. Alison Tulad, Fort Riley's tax attorney.

If you are on the ground for one day in a QHDA or CZ, you may be able to exclude the entire month's wages, Tulad said. While there are some limitations to this tax benefit, you can usually figure out what your allowances are by looking at box 12 on your W-2 form.

Officers are limited in the QHDA and CZ benefits since they make more money. "The exclusions they can claim are limited to that of the highest enlisted grade, which is E-9," Tulad said. "This comes to about \$5,533 per month."

Another benefit of being in, or in direct support of, a QHDA or

See Advantages Page 10



## Caution: Static electricity can be extremely hazardous at gasoline pumps

### FORSYTH Safety Center

Motorists must learn of the importance of avoiding potential problems with static electricity at the gas pump. Static electricity build-up is most likely to occur during the fall and winter months, when the air is cool or cold and dry — the typical climate conditions for static electricity build-up.

Static electricity can build up when a motorist exits or re-enters the vehicle during fueling. Upon returning to the vehicle fill pipe during or at the end of refueling, the motorist may experience a static discharge at the fill point, which may cause a flash fire or small sustained fire with gasoline refueling vapors.

Static electricity-related fires have occurred at AAFES' and

other retail gasoline outlets. According to the American Petroleum Institute (API) and the Petroleum Equipment Institute (PEI), such incidents are on the increase.

To date, over 150 incidents have been reported to PEI that have resulted in numerous injuries, property damage and one fatality.

The most effective means by which a motorist can avoid static electricity problems at the gas pump is to stay outside the vehicle while refueling.

It may be very tempting to get back in the car during extremely cold weather, but the average fill-up only takes around two minutes and staying outside the vehicle will greatly minimize the likelihood of any build-up of static electricity that could be dis-

charged at the nozzle.

In the rare event a motorist does experience a fire while refueling, it's important to remember to leave the nozzle in the fill pipe of your vehicle and back away from it. Immediately notify the station attendant to shut off all dispensing devices and pumps with emergency controls. If the facility is unattended, then use the emergency shutdown button to shut off the pump and use the emergency intercom to summon help.

Leaving the pump nozzle in the vehicle will prevent any fire from becoming more dangerous.

Motorists who feel the need to get back into their vehicle during refueling should discharge any static buildup upon exiting the car before going back to the pump nozzle. This can be done safely by

touching a metal part of the vehicle, such as the door, or some other metal surface, with a bare hand.

Consumers can minimize these and other potential fueling hazards by following safe refueling procedures all year long.

For more information on avoiding potential problems with static electricity build-up at the pump, and other safe motor fuel refueling, storage and handling guidelines see API's web site at <http://www.api.org/consumer> and PEI's web site at <http://www.pei.org/static>.

Also, visit the Fort Riley Directorate of Environment and Safety, Safety Division website for additional safety information, <http://www.riley.army.mil/Services/FortSafety.asp>



Post/Bates

Robert Jeffrey fills his truck with gas at the Forsyth Shopette.

## Metz family continued from page 9

"Tom and Pam are good common friends to the people in the community," he said. "This is a difficult time because no one wants to say good-bye, but this is a well-deserved promotion."

Jepson is very pleased with Metz's promotion. "[Metz] is a good man and one of the best ones Fort Hood can get."

Connie Hall, Geary County

Convention and Visitors Bureau executive director, has also worked with Metz on community affairs. "It makes a difference in the community to know the commanding general, and to have his involvement," said Hall. "His contributions make a big difference with the unity and the ability to maintain relations with the community."

Hall said Metz always made time to be involved. "As for any general, involvement in the community is important."

Metz's efforts and contributions, both individual and on an official level, will be missed, she said.

It is always difficult to see a quality leader move on, she added. "We are sure that the next

commanding general will have the vision to include the importance of community participation and relations that support military and community as a whole."

"We are excited for [Metz's] promotion and his many accomplishments," said Hall. "Metz has been an exemplary commanding general for Fort Riley and will be thoroughly missed."

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## Advantages continued from page 9

CZ during this tax filing season is that, if you are on the ground in that area for one day, you get a 180-day minimum extension to file your taxes, which starts when you return to the continental United States. If for some reason you are hospitalized when you return to CONUS, your 180-day extension begins when you are released from the hospital.

For soldiers who are deployed during tax season, signing over Power of Attorney is the way to file.

"Some soldiers, when preparing to deploy, give Power of Attorney to the spouse, who can then file taxes on behalf of the soldier," Tulud said.

In order to sign over Power of Attorney to a spouse or some other person, a soldier needs to fill out the IRS 2848 Form of Attorney form, Tulud said.

This form can be downloaded from the Internet at [www.irs.gov](http://www.irs.gov) and should be signed and accompanied by the soldier's W-2 form before the soldier deploys. The

person given Power of Attorney can then file that soldier's taxes.

"The IRS 2848 POA form can also be picked up at the Tax Center, at the SRPs or at the Legal Assistance office," Tulud said. "Soldiers can access their W-2s at the MyPay website, [www.dfas.mil/mypay](http://www.dfas.mil/mypay)"

Fort Riley's Tax Center opened with a ribbon cutting on Monday. Normal hours of operation for the center are: Monday - Thursday, 8 a.m. - 3 p.m.; Friday, 8 a.m. - 6 p.m. and Saturday, 9 a.m. - 1 p.m.

Walk-ins will be accepted for filing the 1040-EZ form, but all others are asked to make an appointment by calling 239-1040. If you have any questions about the Tax Center or about which forms you need to bring with you to file your taxes, call the center during operating hours.



## Crosswalks continued from page 9

Regulating Traffic: Rules of the Road, governs the use of the installation's crosswalks. According to the law, pedestrians and motorists are equally responsible for safety around crosswalks. Contrary to popular belief, pedestrians do not have the absolute right of way over vehicles.

To cross an intersection at a marked crosswalk, pedestrians need to use common sense and follow basic traffic safety rules. Before crossing the street, a person should stop, look (left, right and left again), and listen for any sounds of danger. The pedestrian then should only cross the roadway if all circumstances are safe. If necessary, the person also should attempt to make eye contact with the driver of any approaching vehicles to acknowledge the driver's intent to stop.

When crossing the street at a

crosswalk with a pedestrian-control signal (traffic lights indicating "walk" or "do not walk"), obey the signal. When faced with a flashing or steady "walk" sign, cross the roadway in the direction of the signal. In this situation, the drivers of all vehicles should give the pedestrian the right of way. If a flashing or steady "don't walk" signal is displayed, do not cross the street. If the signal changes while pedestrians are crossing the street, they can proceed to a sidewalk or safety island. It is illegal and unsafe to jaywalk (cross the road between adjacent intersections with traffic-control signals). Most pedestrian fatalities occur at non-intersection locations, according to the NHTSA.

When crosswalks do not have a traffic-control device, drivers should exercise caution to avoid colliding with any pedestrian.

Right of way should be given to pedestrians once they are halfway across the lane that the vehicle is traveling or if they are in danger of being hit. When a stopped vehicle allows someone to cross the roadway, the driver of any vehicle approaching from the rear should not pass the stopped vehicle.

When drivers and pedestrians keep safety in mind, crosswalks can be safe. Pedestrians should pay attention to traffic. Drivers should be aware of pedestrians. Both should be ready to yield the right of way if necessary.

For more safety information, visit the Directorate of Environment and Safety web site at [www.riley.army.mil/Services/FortSafety.asp](http://www.riley.army.mil/Services/FortSafety.asp) or the intranet site at <https://intranet.riley.army.mil/des/Safety/Safetyhome.html>

The DES Safety Division can be reached at 239-2514.

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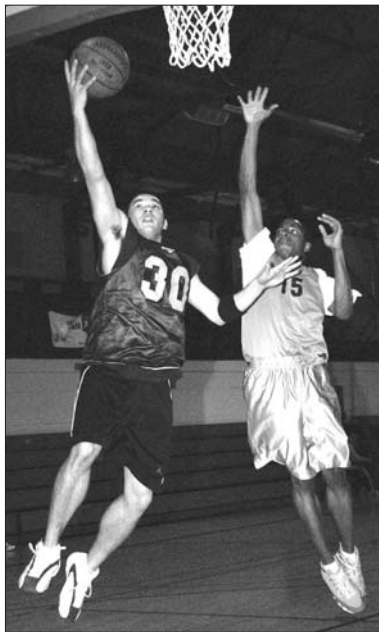


# Fort Riley Sports

February 13, 2003

America's Warfighting Center

Page 11



Troy Moshier, 24th Infantry Division, gets around Echo Detachment, 15th Personnel Support Battalion's Chris Williams to score two points.

## Post basketball action intense: 24th ID has first loss

By William Biles  
Staff Writer

Echo Detachment, 15th Personnel Support Battalion, beat Headquarters and Headquarters Company, 24th Infantry Division, 53 - 39, during a Fort Riley company level basketball game Feb. 6.

A lack of hustling up and down the court, mixed with errant passes, led to HHC's first loss of the season.

"We just got out-hustled tonight and gave up a lot of rebounds," said Troy Moshier, HHC, 24th Inf. Div. "Our guys were getting caught flat-footed, then they were getting their back door shots, and then things started getting ugly."

For 15th PSB, there was more to winning the game than just receiving a win and increasing their record, there were the bragging rights that went along with it, too.

"Most of these guys from the PSB work with us, and we know them, so we'll be hearing it at work about losing to them," said Moshier.

"We just wanted this win because they are undefeated," Chris Williams, Echo Det., 15th PSB, added.

The team members of the 15th PSB entered the game with a determination to win.

"We came here to play as a team and to play hard. Now they're going to be 10 - 1," Williams said with a smile.

The 15th PSB didn't have any special strategy for the game but they took full advantage of the situation.

"We've been getting a lot of picks by watching every move they make and reading their plays as they happen, and that helped us force their turnovers," Williams said.

As the game was winding down, the 24th Inf. Div. team was scrambling on the court, trying to stay undefeated. Their last minute rush almost paid off, coming within 10 points of tying the game, with five minutes left of play.

However, in the flurry of action, they were unable to take the win.

"They were making all kinds of crazy shots that we were able to get the rebounds from," said Kenny Scott, Echo Det., 15th PSB. "Plus, they were making passes we were able to pick, and those turnovers made a big difference in the game tonight."

## Personal training new service on post

By Jamie Bender  
Staff writer

There is a new face and a new service at King Field House.

Steve Przybylo, a Kansas State University graduate with a bachelor's degree in fitness and nutrition, started work at King Field House as a fitness specialist in January.

Przybylo is available as a personal trainer. This service is free.

In an initial appointment, Przybylo will help identify goals such as weight loss, toning or gaining strength, he said. "Once I know their goals, I can design a program for a total body workout, focusing on their specific needs," said Przybylo. "I also do an initial fitness assessment that considers a resting heart rate, body fat percentage and muscular strength endurance," he added.

There are several areas considered in the body fat percentage. "Using calipers, I take skin fold measurements from seven areas of the body," said Przybylo. "The areas are the chest, under the arm, the abdomen, the triceps, the back, the hip and the thigh. The measurements are then put into an equation that tells you the percentage of body fat."

Normal body fat percentage varies by sex. "Normal percentage for a male is between 15 and 25 percent and for females is between 25 and 35 percent," said Przybylo.

Przybylo also does an assessment of muscle endurance. "The assessment includes as many pushups and sit-ups as you can do. Once we establish where you are

at, I design a total body workout that targets your weak areas," he said.

Przybylo also has a formula for success.

"After identifying their goals, I talk to them about five aspects of success," said Przybylo.

The first aspect is a balanced diet.

"Moderation is the key. You must include essential fatty acids, in your diet. These are found in fish, olive oil and peanuts. These acids help utilize energy and prevent muscle wasting from the body's natural proteins," said Przybylo. "Eating plenty of fruits and vegetables decreases the risk of heart disease and cancer. It's important to include all of the food groups in your diet," he said.

The second aspect on Przybylo's formula is the importance of a cardiovascular work out.

"Cardiovascular work outs burn fat and carbohydrate calories," he said. "High intensity workouts burn more carbohydrates and moderate workouts burn more fat."

The third aspect is weight training.

"Weight training is a fat burning mechanism as well as being a key to muscular strength and endurance," said Przybylo. "One hour of weight training can burn up to 250 calories."

Fourth, Przybylo recommends taking a multi-vitamin. "Multi-vitamins give you nutrients you may be lacking, such as calcium or zinc," he said. "Taking one in the morning gives you more energy throughout the day. Having

See Trainer Page 12

## Wildcats lose to Jayhawks at Bramlage

By William Biles  
Staff Writer

The Kansas State Wildcats failed to end their 26-game losing streak with their state rivals, No. 12 Kansas University Jayhawks, when they lost 82 - 64 during a home game at Bramlage Coliseum Saturday.

Kirk Hinrich and Aaron Miles led the way for the Jayhawks with a 14 - 2 run, late in the second half, that turned a close game into a runaway.

The Jayhawks have not lost at Bramlage Coliseum (15 - 0) since it was opened in 1989, and have not lost in Manhattan since Jan. 29, 1983, a span of 20 games.

Hinrich also led the Jayhawks

in Saturday's game, with 28 points, while dishing out five assists.

Tim Ellis led the four Wildcats who scored in double digits, with 14 points. Ellis also dished out three assists and had one steal and one blocked shot.

Other Wildcats leading scorers for the game were, Marques Hayden with 13, Gilson DeJesus with 11 and Matt Siebrandt, who had 10 points of his own.

The sold-out crowd of 13,340 started to roar, with 14:13 left on the clock and K-State winning 47 - 45, when Jayhawks forward, Nick Collison, received his fourth foul of the game and took a seat on the bench.

"When (Collison) goes to the bench, you have to take advan-

tage, and we didn't do it," said Siebrandt. "It seemed like they had an extra gear at that point and we just couldn't keep up with them."

The Wildcats were only able to add two more points to their lead when Miles knocked in a 2-point jump shot and then stole a pass. He was able to convert the felonious turnover into two more points, which began the take-charge 14 - 2 run that put Kansas up, 61 - 53.

A few minutes later, Hinrich, gained possession of the ball after both teams battled for the rebound under the Kansas basket. Once in hand, Hinrich stepped back and knocked down what was at first ruled a three-point field goal.

After conferring with each

other, the officials decided it would only count for two points, giving the Jayhawks a 67 - 60 lead with six minutes remaining.

On the next play, after Hinrich's wannabe 3-pointer, the Jayhawks' Michael Lee stole the ball and fed Keith Langford, who completed a three-point play.

The Wildcats kept getting caught on their heels, while the gap in the score kept growing during the last minutes of the game.

"Our guys had exerted themselves to a high level," said Jim Wooldridge, Wildcats' coach.

"Maybe that was it. We just didn't have enough left in the tank and they did. We just weren't able to fight through the last 10 minutes of the game," Wooldridge concluded.



Marques Hayden, Kansas State Wildcats, drives the ball past Jeff Graves of the Kansas University Jayhawks.

## Kansas has many official plant, animal, other state symbols

By Gibran Suleiman  
DES Biologist

Like all other states, Kansas officially declares plants and animals as state symbols. As our state

celebrated it's birthday on Jan. 29,

many school children across the state learned about Kansas' past, including the state symbols and why they were named. Although some of the states symbols may

be fairly well known, others may not be quite as visible.

The state mammal of Kansas is the bison. While the bison is typically called a buffalo, that is a misnomer, since the only true buffalo are from Asia and Africa. The bison was very common in Kansas at one time. It was extremely important to the Native American tribes that lived on the plains.

As the settlers moved west, a huge market developed for bison skins and tongues, they do not make good pets. In captivity, box turtles are extremely sensitive to things like humidity, temperature and diseases. Box turtle have been known to live over 30 years.

By 1880, bison had become a rare occurrence in Kansas.

The state bird of Kansas is the western meadowlark. Kansas is also home to the eastern meadowlark. Both birds are similar in appearance. Western meadowlarks are found on Fort Riley, but are not common like the eastern species. Meadowlarks are easily recognized by their bright yellow breast and black V down their neck. Meadowlarks dine on both insects and seeds and can be found on Fort Riley year round.

The state reptile of Kansas is the ornate box turtle. Box turtles are common on Fort Riley. Their diet is mainly carnivorous, but they also eat vegetable material.

The state tree of Kansas is the cottonwood. Cottonwoods are common across Kansas. Cottonwood trees are hydrophilic, meaning that they thrive around water. As the settlers came across the plains, they soon learned to scan the horizon for cottonwoods to help find water and shade. The cottonwood is the largest native tree in Kansas, often having massive trunks up to eight feet in diameter. Fort Riley is adorned with many huge mature cottonwoods. They are particularly common along the Kansas and Republican rivers. Cottonwoods get their name from the cotton like material they produce in late summer. The purpose of the cottony fluff is to carry a tiny seed away from the parent tree by utilizing

through a set of external gills.

Most larvae metamorphose into adults, although some larvae salamanders never change into the adult form and retain their aquatic features until death. Surprisingly enough, these individuals are capable of reproduction.

The state tree of Kansas is the

the wind. This strategy is not unlike that of the dandelion. During the peak time, when cottonwoods are releasing their seeds, it can literally look like a snowstorm in September.

Although Kansas is one of the few states that have not recognized a state fish, they have recognized a state insect, the honeybee. The honeybee is the only state symbol that is not native to Kansas. The settlers brought the honeybee over from Europe. Honeybees are social insects and every honeybee has its own particular job. The queen bee has one job. She is essentially an egg factory, laying up to 15,000 eggs in a single day. The majority of bees in a colony are worker bees. They maintain the hive and collect pollen to make the honey. Some bees are called drones. All they have to do is mate with the queen. Competition to mate with the queen is fierce. Honeybees can be found living in the wild and also are used for the commercial production of honey.

If you have any question concerning natural resources on Fort Riley, call the Conservation Division at 239-6211.



The state bird of Kansas is the western meadowlark.







## ITR

The Information Ticketing & Registration Office is located in building 6918, across from the PX. Hours of operation are Monday - Friday 10 a.m. - 7 p.m. ITR is closed on weekends and holidays. For further information, call 239-5614 or 239-4415.

Also, check out the Department of Army Leisure Travel website at [www.offdutytravel.com](http://www.offdutytravel.com) for more great deals on travel.

ITR services and discount attractions tickets are available to active duty military, retirees, National Guard, reservists, Department of Army civilians and family members.

### Spring Break

It's not too early to start those Spring Break plans. Here are some destination packages that are available at military discounts.

#### Branson, Mo.

As one of the top vacation destinations in the country, and approximately a six hour drive from Fort Riley, Branson offers a wealth of diverse entertainment. Whether your idea of entertainment is being dazzled, spending a day with your family at one of the attractions or finding a great deal at one of the area retailers, Branson is second to none in its scope of exciting activities. Let ITR put together a spring break package.

#### Destination California

Want to turn your visit to Southern California into the most fun-filled vacation ever? At Universal Studios Hollywood, enjoy all the thrills, magic, stunts and special effects when you take part

in your favorite blockbuster movies. It's all the glitz, glamour, action and entertainment of Hollywood, only at the World's largest movie studio and theme park. You can also experience Disney at it's most magical at Disneyland Resort. Meet memorable Disney characters, discover exclusive attractions and enjoy spectacular entertainment. Eight lands of fantasy and magic bring smiles to kids of all ages!

#### Florida Bound

Prepare to be awed... inspired, thrilled and enchanted at Walt Disney World! This is, without a doubt, the most magical and incredible time in your life, visiting the world's vacation kingdom. In addition, Universal Orlando is two amazing parks-one a working movie studio where the movies come alive and an unforgettable journey through unique islands.

Each park is filled with once in a lifetime adventures-plus non-stop nightlife that are all within easy walking distance of each other. It's an unbelievable universe of family fun and excitement in one incredible location.

#### Colorado Ski Packages

They've started out the New Year on the right foot with new snow at Vail, Beaver Creek, Breckenridge, Keystone and Winter Park! Now that the hustle and bustle of the holidays is over, it's time to plan a relaxing getaway to the mountains. Whether it's a day at the spa or a day on the slopes, you can be sure to find something at a Colorado resort to help your body unwind. Military discounts available for Colorado lift tickets.

Let ITR put together a ski package for you.

### Local Spring Break Ideas?

Kansas Cosmosphere & Space Center is located in Hutchinson, and is quickly becoming the most comprehensive space museum in the world. It is not what you'd expect to find on the open prairies of Kansas, and that's the point exactly.

From the jaw-dropping Hall of Space Museum and incredible IMAX Dome Theatre to the million-dollar multimedia Planetarium, the Cosmosphere is an all-day, all ages adventure. Hold on

tight. You're go for lift-off!

Science City at the Union Station in Kansas City is another option. Imagine a city like no other in the world. A thriving metropolis that combines adventure, entertainment, discovery and excitement.

With four different parts of town containing over 50 interactive environments, you'll find there's something for everyone. Discounts tickets are available through ITR.

### Sleep to the Slopes

Sleep to the Slopes is the theme of ITR's most popular trip package. Call ITR for package prices.

## Trainer continued from page 11

more energy helps your work out," he added.

The fifth aspect for success is personal assistance, said Pryzbylo. "This is where I come in, I evaluate your needs and design a program specifically for you."

Depending on your motivation and dedication, you should see results in four to six weeks, he said.

The initial session takes about one hour. After that, it is up to you if you want to continue on your own or have Pryzbylo's assistance.

An appointment with Pryzbylo can be made by calling King Field House at 239-2813.

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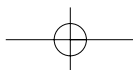
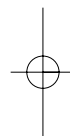
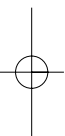
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